# Useful contacts

#### NHS Direct

Advice on looking after a parent or brother or sister; and information on fitting in socialising with caring and dealing with feelings. From the home page go to young carers under the 'care and support' tab. Web: www.nhs.uk

### YC Net

Information, advice and online support for young carers. Web: www.youngcarers.net

### Young Sibs

Information for brothers and sisters of disabled children and adults. Web: www.youngsibs.org.uk

## Well Aware

Information on health, wellbeing and community services. Tel: 0808 808 5252 Web: www.wellaware.org.uk





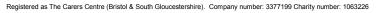
If you care, **Carers Support Centre** Provides a voice for carers, a confidential telephone helpline, one-to-one support, carers' groups, training and short breaks. we care Carers Support Centre

Tel: 07722 283 673 Email: youngc@carerssupportcentre.org.uk



**Carers Support Centre** The Vassall Centre, Gill Avenue Fishponds, Bristol, BS16 2QQ

### www.carerssupportcentre.org.uk | CarersLine: 0117 965 2200



# Is this you?



# You may be a young carer

# www.carerssupportcentre.org.uk

# How your GP can help

We will try and help you to stay as fit and healthy as possible. Often we can help young carers by:



# Help for Young Carers

It's difficult looking after someone. It's important for you to have some help and support for yourself.

### **Carers Support Centre**

Carers Support Centre is a charity that supports young carers in Bristol and South Gloucestershire. You can talk to them in complete confidence about your situation. They will listen and try to help you get the support you need.

Call CarersLine: 0117 965 2200 Or text: 07722 283 673

Text your name and where you live and someone will text you back as soon as possible.

### Support at school

Let your school know that you are a young carer. Speak to someone at school that you know and trust. This might be a tutor. Some schools run groups especially for young carers. If your school doesn't, please ask them to refer you to Carers Support Centre.

### Money for breaks

If you are a young carer living in Bristol, or have a Bristol GP, you will be able to have a carers assessment. This could mean getting money to spend on a break. For example, you could use this money to buy:



www.carerssupportcentre.org.uk

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